

ESC Today

VOLUME 3, ISSUE 5

The Magazine of the 143rd Sustainment Command (Expeditionary)

MAY 2009



Cooking a Recipe for Success: 282nd Quartermaster Company

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THE COMMAND POST

BY COL SCOTTIE D. CARPENTER, COMMANDER
143RD SUSTAINMENT COMMAND (EXPEDITIONARY) ARC2



Can you believe it is already May? When you keep busy it seems time has its way with you. Before we know it, summer will be upon us and we have to start now preparing ourselves for the summer season.

The period from Memorial Day through Labor Day is known as the 101 Critical Days of Summer for those of us in the Army. Every summer we take time to remind ourselves not to lose focus on safety while either on- or off-duty. This year it seems we are especially distracted because of our on-going economic, employment and social crises.

Nonetheless, as times get tougher, some of us will want to get away from it all and enjoy ourselves either by vacationing or taking a day or two off from school or work for a short excursion somewhere. If you plan to travel by car, ensure you get plenty of rest before you get behind the wheel and take plenty of breaks as you are on your trip. Always wear your seatbelts, drive according to the posted speed limit and avoid aggressive drivers.

You should also inform your supervisor about the trip and complete a safety assessment using the Travel Risk Planning System on the Army's Safety Center Web site: <https://safety.army.mil/>.

If you use a boat to fish, tube, ski, board, or just for plain old recreation, please operate your boat safely and ensure you have all the required safety equipment mandated by local laws. You should have life jackets for all people on board and you should ensure everyone is wearing them.

Before you set out, take a close look at your boat's equipment and ensure it is in good working order. If you are going offshore most cell phones do not work and you can face the same problem if you go deep enough into the backcountry to isolated lakes. Have an alternate way to get in touch with someone or let others know where you are going and when you will return.

Weather in the south as we all know can be volatile and unpredictable, but

you can still plan your summer activities safely if you glean information from weather reports and incorporate that into your recreational plans. Whether you play golf, tennis or even if you just want to go for a bike ride or for a walk or run, avoid being caught outdoors during a thunderstorm or during adverse weather.

Many of us, because of the economy, are now planning "stay-cations," to use a neologism, but we must still ensure we are safe around the house. Family barbeques, swimming and even routine chores can end horribly if you are not paying attention.

As you do your spring-cleaning, ensure you are ergonomically lifting things and make sure your ladders are secure before you climb them. If you are trimming trees, watch the power lines and when using tools, wear proper safety protection.

Once the chores are done be safe as you enjoy your time at home. Use your grill according to the manufacturer's recommendations and if you are swimming, always swim with somebody else.

Lastly, I will not spend a lot of time talking about the consumption of alcohol and motor vehicle operation because we know it is illegal and it kills people. If you drink, do not drive and if you do drink, do so in moderation. Alcohol abuse is stupid and you put yourself and others at risk when you abuse it.

While we enjoy summer, often we fail to recognize the risks associated with our favorite off-duty activities. Many of us become more active in the summer and as we put down our guards to have fun, the door opens for risk to enter into our lives and a day of fun in the sun may end up with a trip to the emergency room or worse.

Composite Risk Management is one tool Soldiers and civilians can use to protect themselves both on- and off-duty. There is no better time than now

for commanders and supervisors at all levels to stress the use of CRM to help protect members of our team. This can be accomplished by focusing their planning and by individuals maintaining awareness as they enjoy the summer. Summertime should be spent having fun with friends and family, but we must do it safely.

Have a great summer and enjoy some well-earned time off. Be safe.



County Issues Proclamation for Year of the NCO

By Capt. Steve Alvarez
143rd Sustainment Command (Expeditionary)

ORLANDO, Fla. – The “Army’s backbone” was recognized here today when non-commissioned officers from the 143rd Sustainment Command (Expeditionary) were lauded by Orange County Mayor Richard Crotty and county commissioners. The civic leaders issued a proclamation recognizing 2009 as The Year of the NCO in Orange County, Fla.

“At the front of every Army mission in the United States or overseas, you’ll find a non-commissioned officer,” Mayor Crotty said echoing Army Secretary Pete Geren’s 2008 remarks.

Crotty, himself a former Army Reserve Soldier once assigned to the 143rd, read a list of 10 non-commissioned officers who attended the proclamation and asked that they stand and be recognized.

The Soldiers received a long applause from those at the meeting once the names were read prompting Crotty to joke, “I think they like you.”

The proclamation, in part, recognized the NCO corps as Soldiers who have led from the front since 1775.

“By virtue of the authority vested in me as Orange County mayor, and in solidarity with the Secretary of the Army, do hereby proclaim the year 2009 as The Year of the NCO in Orange County, Florida, and hereby re-

solve that the U.S. Army’s Noncommissioned Officer Corps be saluted, honored, and recognized for their commitment to service and willingness to make great sacrifices on behalf of our nation.”

Col. Scottie D. Carpenter, commander of the 143rd ESC (Rear) thanked the mayor, commissioners and those in the packed commission chambers.

“Part of our unit is currently deployed to Afghanistan ... please pray

ing ovation, pats on the back and hand shakes from those in the audience.

Orange County’s seat is in Orlando, Florida and it is one of the most popular tourist destinations in the world. In 2008, 1.1 million people resided in Orange County.

The 143rd ESC provides command and control of more than 8,500 Army Reserve Soldiers throughout the southeastern United States in Alabama, Florida, Georgia, Louisiana, North Carolina, South Carolina, Tennessee,

Arkansas and Mississippi. It is comprised of more than 90 Army Reserve units whose missions are diverse and logistical in nature. The command ensures readiness of the soldiers under the 143rd’s command and control by helping units through proactive support and guidance.

When deployed, the 143rd ESC provides command and control of sustainment forces and conducts sustainment, deployment, redeployment and retrograde operations in support of U.S. and multinational forces in

the U.S. Central Command area of operations. The headquarters is currently deployed to Afghanistan. April 2009 marks the 101st anniversary of the Army Reserve.



Col. Scottie D. Carpenter, commander of the 143rd ESC (Rear) shows a proclamation issued by Orange County Mayor Richard Crotty. Carpenter was invited by the commission along with NCOs from the 143rd to receive the proclamation. Photo by Capt. Steve Alvarez

for them as they do the people’s work over there,” Carpenter said. “Thank you for the warmth displayed here today. Our country is truly united together in this mission.”

As the Soldiers exited the commission chambers, they received a stand-



ESC Today

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Army Reserve News

Army Reserve and U.S. Customs Sign Employer Agreement



Jason P. Ahern, acting commissioner, U.S. Customs and Border Protection (left) and Lt. Gen. Jack C. Stultz, chief, U.S. Army Reserve (right) sign the official Employer Partnership Initiative agreement in Washington, D.C., April 21. Photo by Nick Crettier

WASHINGTON — The Army Reserve and U.S. Customs and Border Protection formally agreed April 21 to work collaboratively to enhance job opportunities for America's Soldiers and veterans.

The alliance, launched under the Army Reserve Employer Partnership Initiative, will help strengthen the community, support Army Reserve Soldiers and their families, and contribute to a strong economy. The CBP is the first federal agency to join the Army Reserve's Employer Partnership Initiative.

"This formal alliance with U.S. Customs and Border Protection presents a remarkable opportunity for our some 10,200 trained and skilled Army Reserve Soldiers to potentially achieve their career goals with this federal agency," said Lt. Gen. Jack C. Stultz,

chief, Army Reserve.

The Army Reserve's Employee Partnership Initiative is an effort by the service to make it easier for civilian companies to hire Reserve Soldiers, and to make it easier for Reserve Soldiers to find jobs with civilian employers willing to hire them, said Col. Dianna Clevon, director of the Army Reserve initiative.

"The way the initiative actually started is that (Lt. Gen. Stultz) said with the operational tempo and the transition to an operational reserve, it was important to have the support of employers, and to go to them and very candidly explain to them what the rotations would be like and to collaborate on the challenges that the employers were facing in trying to support these Soldiers," Clevon said.

Today, there are nearly 300 partnerships between the Army Reserve and

civilian employers, including such companies as Cleveland Clinic, Con-Way Freight, IBM, General Electric, Exxon-Mobil, and BNSF Railway Company. Clevon said that new employers are signing on every day.

"One of the things we wanted to know is what they are looking for out of these partnership agreements," said Clevon. "And we really wanted to make them true partnerships, as opposed to signing a piece of paper and having it be symbolic."

As part of EPI, jobs available to Soldiers through companies involved in the partnership are searchable through the EPI website. Officials said some 15 percent of the Reserve force is accessing the website.

For more information visit: <http://www.usar.army.mil/arweb/EPI/Pages/default.aspx>

Army Reserve News

Soldiers re-enlist for a combined 360 years



Army Reserve Chief Lt. Gen. Jack C. Stultz re-enlists 60 reserve Soldiers on Capitol Hill, April 23. The Soldiers who represented units from all 50 states came to Washington D.C. to celebrate the Army Reserve's 101st birthday and the Year of the NCO. Photo by J.D. Leipold

By J.D. Leipold
Army News Service

WASHINGTON — On the Army Reserve's 101st birthday on Capitol Hill today, 60 reserve Soldiers, many of them noncommissioned officers, from units representing all 50 states, raised their right hands and re-enlisted for a combined total of 360 years.

Chief of the Army Reserve Lt. Gen. Jack C. Stultz opened the ceremony by telling the audience the ceremony was more than just a re-enlistment observance, it was a showcase of talent and recognition of 2009 as the Year of the NCO.

"What makes our Army the greatest Army in the world is our NCO corps," he said. "Today, we have more than 40 NCOs standing here who are going to take the oath of enlistment knowing what they're facing... the operational

tempo... future deployments... all those things that are happening, yet they are still willing to raise their hands."

Stultz added that not only were the re-enlistees great NCOs and Soldiers, they were exceptional citizens as well and that their families and employers were the primary reasons for the continued growth of the Army Reserve.

"We recently crossed 205,000 in end strength, and when I came into this job three years ago we were at 185,000," he pointed out to the Soldiers and audience. "That increase didn't happen by chance, it happened because of these people who raised their hands and said they were staying with us. That's why we have had record re-enlistments, because their leadership has prompted others to join our ranks."

Sgt. Maj. of the Army Kenneth O. Preston spoke following Stultz and also praised the NCOs of today and asked every veteran from all the services to stand and be recognized.

"It's your legacy for all of us wearing the uniform today; it's your legacy we continue to carry on, and it's your torch that we continue to pass on from generation to generation," he said.

Among other Army Reserve birthday events, an 81st Regional Readiness Command ceremony at Fort Jackson, S.C., unveiled a Japanese flag captured by the 81st Infantry Division during World War II. The flag had undergone nearly a year of restoration and was donated by the widow of the Soldier who had captured it.

From downrange

Chaplains on point!



Col. Stanley E. Puckett, Joint Sustainment Command - Afghanistan chaplain, prays with Soldiers from Bravo Company 14 after presenting an Easter message at Forward Operating Base Lagman in the Zabul Province of Afghanistan.

Story and Photo by Pfc. Elisebet Freeburg
143rd Sustainment Command (Expeditionary) Forward

KANDAHAR AIRFIELD, Afghanistan - The religious support team for Joint Sustainment Command - Afghanistan ministered to troops April 8 and 9 on multiple austere forward operating bases as part of the joint-service mission Easter Contingency Operations to provide religious support in southeastern Afghanistan.

Along with U.S. Navy and U.S. Air Force teams, The JSC-A team visited FOB Lagman, FOB Cobra, FOB Bayload and numerous other FOBs to perform services and provide religious

support.

Spc. Lindsay A. Canterbury, a chaplain's assistant in the JSC-A religious support team, visited several FOBs as part of the mission.

"Every Soldier has the right to practice their religious beliefs according to Army Regulation 165-1," said Canterbury. "The [mission's purpose] was to provide religious support to those FOBs that might not have chaplains assigned to them because of their size and location. There are just not enough chaplains mobilized to cover all of the

bases out here."

Many of the Soldiers deal with stress over rough accommodations and a lack of phones or computer access, said Canterbury. They have a lack of religious support, and many of these Soldiers go on missions for weeks at a time.

"The mission was successful for the same reason there was a mission," said Canterbury. "We provided Soldiers the means for religious support and services that they are not able to receive on a daily or weekly basis."

Surgeon general: No cause for alarm with H1N1 Flu Outbreak

By C. Todd Lopez
Army News Service

WASHINGTON — While emphasizing caution, the surgeon general of the Army said there's no reason to be alarmed by swine flu.

"It's important for you all to understand that there is no cause for panic or alarm," wrote Lt. Gen. Eric B. Schoomaker, U.S. Army surgeon general in his blog. "Antiviral drugs are available in the event you become ill; and there are preventive measures you can take to stay healthy."

The H1N1 flu virus, popularly known by its unofficial name, "Swine Flu," has been confirmed in such places as Mexico, the United States, New Zealand, Canada, Spain and the United Kingdom. There have been deaths in Mexico.

H1H1 flu usually occurs in pigs, though certain strains can be passed to humans -- and from human to human.

"The most recent cases of ... flu appear to have the ability to be passed from person to person and have resulted in a number of cases in the United States as well as widespread disease in certain parts of Mexico," Schoomaker said. "It is likely that this ... flu will spread to many if not all parts of the United States."

The symptoms of H1N1 flu are similar to other kinds of flu, including fever, cough, sore throat, body aches, headache, chills and fatigue. In some cases, there may also be vomiting and diarrhea.

The H1N1 flu is passed from person to person much like other forms of the flu, Schoomaker said.

"Most people catch H1N1 flu the same way they catch the regular flu," he said. "You can catch H1N1 flu by coming in contact with droplets from infected people after they sneeze or cough. This can occur by being in the path of a sneeze or cough or touching something that has those droplets on it and then touching your mouth, nose or eyes."

Medication like Tamiflu and Relenza can treat the H1N1 flu, Schoomaker said. These medications are not available over the counter, however, but by doctor's prescription.

"If you have H1N1 flu and need treatment, treatment should start within two days after you begin to feel sick," Schoomaker said. Those with chronic medical conditions are at risk for more severe illness from the H1N1 flu, he said.

According to Schoomaker, neither the Army nor the overall military

population are showing any unusual spike in illness that might indicate H1N1 flu. Additionally, the general said, he and other senior medical officials in the joint community are staying abreast of the issue in order to keep the force healthy.

"Rest assured that my staff and I are working the H1N1 flu issue closely with the Joint Staff surgeon, the assistant secretary of Defense for Health Affairs, the other military services, Health and Human Services, and Centers for Disease Control and Preventive Medicine," Schoomaker said.

Deployed service members are at no increased risk of infection, according to information released by the Surgeon General's Office.

The Army Medical Command recommends Soldiers and their families avoid contracting the H1N1 flu by avoiding those who already have the flu, and by washing their hands often.

"If you think you have H1N1 flu, contact your health care provider. He or she will be able to determine if you need testing or treatment," Schoomaker said.

What is the Yellow Ribbon Reintegration Program?

By Ismael Medina
207th Regional Support Group, Family Readiness

The Yellow Ribbon Reintegration Program and Family Programs Assistant assists in providing direct pre-deployment and pre-mobilization assistance to military service members, Family members, and civilian employees.

Family Programs Assistants support and assist unit and rear detachment commanders, in establishment and training of Family Readiness Groups (FRGs). The programs assist with Soldier Readiness Processing

(SRP) for service members and civilians deploying and reviews family care plans for completeness and accuracy.

It performs outreach services to service members, civilians and their Families. Sends outreach letters to Families and performs follow-up as needed. Identify families with major problems requiring special assistance and support and coordinates with installation and/or local and state community resources for provision of services.

It also helps provide pre and post deployment or mobilization reunification assistance using Operation R.E.A.D.Y. and/or other appropriate resources and it identifies potential or actual family reunification problems and with service member/family member approval obtains the assistance of commander, Chaplain, and/or appropriate professionals as needed.

For more information, contact your local family readiness representative.

Defense Department News

“Active Duty Alerts” an Option in Credit Reports for Deploying Soldiers

By Defense Finance and Accounting Service

Thanks to amendments to the Fair Credit Reporting Act (FCRA), military personnel are now able to place an “active duty alert” in their credit report.

What this alert does is require creditors to verify your identity before extending credit in a Soldier's name. A service member's credit report contains all kinds of personal information including residence, financial history - how they pay their bills, bankruptcy - even whether or not they've been sued or arrested. Consumer reporting agencies sell this information to creditors, insurers, employers and other business concerns. The information is used to evaluate credit applications, insurance, prospective employment and applications to rent a home or apartment. In short, a credit report can make or break a service member.

A credit report can be used to protect a person from identity theft. It can also be used to discover identity theft which happens when identity thieves use personal data to perpetrate fraud. They may use personal information to open credit accounts and when the account becomes delinquent, it is reported on a credit report.

Delinquent entries on a credit report affect a person's ability to secure credit or housing, and identity theft can take a long time to clear and re-

store a person's good name.

Placing an active duty alert on your credit report minimizes the likelihood of an identity theft occurrence while deployed or away from a Soldier's customary duty station.

Any credit request will then alert the business to verify a person's identity, and they may try to contact a person directly before credit is extended to the requestor. In cases where the person cannot be contacted, they can designate a representative to place or remove an alert on their behalf.

Active duty alerts will stay in effect for a year unless removed sooner, or if the Soldier is deployed longer than a year, they can place another alert on the report. Soldiers should remember to update their contact information if it changes before the alert expires.

Soldiers can place or remove the active duty alert by contacting one of three nationwide consumer reporting agencies: Experian, Equifax and TransUnion. They will be asked to provide proof of identity (e.g., name, SSAN, address or other personal information). Only one company needs to be contacted since one is required to inform the other two, and by so doing an alert will be placed on other versions of a person's credit report. Here is the contact information:

Equifax: 1-800-525-6285;

www.equifax.com

Experian: 1-888-EXPERIAN (397-3742); www.experian.com

Transunion: 1-800-680-7289; www.transunion.com

Placing an active duty alert provides personnel the added benefit of removing their name from nationwide marketing lists and “pre-approved” credit and insurance offers. Their names will be removed from these lists for two years unless a individual requests their name be added back before the two years has expired.

DFAS-CL assisted the Navy and Marine Corps with their identity theft campaign by placing a message on past Leave and Earnings Statements (LES) about pre-deployment “anti-identity theft” actions service members can take. In addition to placing the active duty alert, DFAS encourages members to shred papers with personal information before they deploy. The Navy Fleet and Family Support Center or the Marine Corps Community Services Center has additional information for protecting against identity theft.

For more information about identity theft and rights under the Fair Credit Reporting Act and the Accurate Credit Transactions Act, go to <http://ftc.gov/credit>.

DoD Launches New Sexual Assault Awareness Campaign

American Forces Press Service

The Department of Defense launched a new social marketing campaign today called “Our Strength is for Defending.” This research-based prevention strategy is designed to empower service members to intervene in situations where possible sexual assaults may occur.

“We want to capitalize on the strength of our men and women in uniform to ensure they know how to safely intervene in situations to prevent this horrible crime,” said Kaye Whitley,

director, sexual assault prevention and response office.

The campaign's informational materials and public service announcements address topics such as active bystander intervention; crime reporting; supportive behavior for victims of sexual assault; and services provided by sexual assault response coordinators and victim advocates within each of the armed forces. The campaign was developed with the assistance of Men Can Stop Rape, an organization that has successfully deployed sexual assault prevention programs throughout the

United States and several countries.

“... Our goal is to continue to push hard on these messages throughout the year. Prevention requires everyone to be alert 24 hours a day. We need service members to be constantly on guard to protect their friends and coworkers, both on and off the battlefield,” said Whitley.

For more information on DoD events during Sexual Assault Awareness Month, visit: <http://www.MyDuty.mil>.

Defense Department News

Official Explains Proposed Post-9/11 GI Bill Transferability Rules

By Donna Miles
American Forces Press Service

WASHINGTON — With the Department of Veterans Affairs ready to begin accepting sign-ups for the Post-9/11 GI Bill May 1, the Defense Department is working to get word out on its proposed policy regarding the bill's transferability provisions to help service members decide if the new benefit is right for them.

Bob Clark, the Pentagon's assistant director for accessions policy, called the Post-9/11 GI Bill that takes effect Aug. 1 an important new benefit. In addition to providing broader educational benefits, it includes a provision that enables enrollees to transfer their benefits to immediate family members.

This long-sought-after provision is expected to be a boom for the military, Clark said, attracting and retaining the skilled force it needs.

"The Post-9/11 GI Bill is going to be an extremely good benefit to attract bright, young Americans to serve in the military," he said.

"The transferability is going to be a tool that will allow us to retain members who have earned that great benefit and share it with their family members and continue to serve," Clark said.

"This gives them the opportunity to share those benefits that they have earned with those they love."

The rules for Post-9/11 GI Bill transferability are in the final stages, and Clark said the Defense Department expects few changes, if any.

In a nutshell, any enlisted or commissioned member of the armed forces serving on active duty or in the Selected Reserve on or after Aug. 1 will be eligible to transfer their benefits as long as they qualify for the Post-9/11 GI Bill in the first place and meet specific service requirements, Clark explained.

He emphasized that, by law, anyone who has retired or separated from the

service before that date — even if it's July 31 — won't be entitled to transfer their benefits. Also excluded will be members of the Individual Ready Reserve and Fleet Reserve.

Most service members who have at least six years of military service as of Aug. 1 and agree to serve an additional four years qualify, he said. But the Defense Department has proposed measures to cover several categories of service members whose circumstances don't fit neatly into this formula.

For example, those with at least 10 years of service — but who can't serve an additional four years because of a service or Defense Department policy

Clark explained the breakdown, which basically enables those affected to transfer benefits as long as they complete 20 years of service:

*Those eligible for retirement on Aug. 1, 2009, would be eligible to transfer their benefits with no additional service requirement.

*Those with an approved retirement date after Aug. 1, 2009, and before July 1, 2010, would qualify with no additional service.

*Those eligible for retirement after Aug. 1, 2009, but before Aug. 1, 2010, would qualify with one additional year of service after electing to transfer their Post-9/11 GI Bill benefits.

*Those eligible for retirement between Aug. 1, 2010, and July 31, 2011, would qualify with two additional years of service after electing to transfer.

*Those eligible to retire between Aug. 1, 2011, and July 31, 2012, would qualify with three additional years of service after electing to transfer.

*The service member's 36 months of benefits — the equivalent of four nine-month academic years — could be transferred to a spouse, one or more children or any combination, Clark said. The family member must be enrolled in the Defense Eligibility Enrollment Reporting System to receive the benefits.

Service members also have the option to use some benefits themselves and transfer what they haven't used to one or more family members.

Even after transferring the benefits, they remain the "property" of the service member who earned them, who can revoke them or redesignate who receives them at any time.

More details about the Post-9/11 GI Bill can be found at the Defense Department Post-9/11 GI Bill Web Site: www.defenselink.mil/home/features/2009/0409_gibill and at the Veterans Affairs Post-9/11 GI Bill Web Site: www.gibill.va.gov.



On June 22, 1944, President Franklin Delano Roosevelt signed into law one of the most significant pieces of legislation ever produced by the U.S. government: The Service-members' Readjustment Act of 1944, commonly known as the GI Bill of Rights. By the time the original GI Bill ended in July 1956, 7.8 million World War II veterans had participated in an education or training program and 2.4 million veterans had home loans backed by VA. Today, the legacy of the original GI Bill lives on in the Montgomery GI Bill.

— also would qualify, Clark said. They must, however, serve the maximum time allowed before separating from the military, he said.

"What we did not want to do was to penalize those people who had a service policy or statute that would not permit them to commit for the full four years," Clark explained.

Another Pentagon proposal would cover service members who will reach the 20-year service mark, making them retirement-eligible, between Aug. 1, 2009, and Aug. 1, 2013.

207TH REGIONAL SUPPORT GROUP

NEWS

Yellow Ribbon Program Prepares Unit to Deploy

By Staff Sgt. W. Watson Martin
319th Mobile Public Affairs Detachment

FORT JACKSON, S. C. – More than 100 Soldiers and Family members became better prepared for their upcoming deployment at a pre-deployment briefing and exposition, April 24 and 25, at an Army reserve center here.

Members of the 310th Personnel Group of the 207th Regional Support Group enjoyed a slide show provided by their own Master Sgt. Steven Boos who made a recent site visit of Camp Arifjan, Kuwait. Many of the pictures showed off the camps morale, welfare and recreation centers, food courts, post exchanges and even a spa and a pool.

"All of our teams are ready to provide human resource assistance to the CENTCOM area of operation in Southwest Asia," said Boos, the postal division non-commissioned officer in charge of the 310th Personnel Group.

Pre-deployment briefings that involve Families show the Army's commitment to Soldiers and their Families, said Boos.

The two day event followed with several unit and post organizations

that provided briefings and handouts of their services.

The pre-deployment expo is a tool for commanders to get their Soldiers and Families ready for deployment, said Deborah Welch, an assistant station manager at Fort Jackson's Red Cross. Her agency helps commanders make informed decision when granting emergency leave for deployed Soldiers.

"This is a good opportunity for Families to ask questions directly to the service providers," she added.

Families and Soldiers were exposed to all the services on Fort Jackson at one time to include the Army Community Services.

Some of the programs and services offered by ACS include family advocacy, financial readiness, volunteer opportunities, mobilization and deployment assistance, relocation assistance, VTC, computer lab, Army family team-building, and military family life consultants.

An important item stressed to those in attendance was making sure all legal issues are up-to-date before deploy-

ing. The staff judge advocate officer suggested updating wills and powers of attorney.

"The last time my husband deployed to Kuwait in 2006 the Yellow Ribbon Program didn't exist," said Angel Harmon, a Family member. "I like that the different agencies are here; normally people can't take the time to visit all the offices and services that are available."

"My wife and I now have a second child, Zion who is five months old," said Staff Sgt. Shane Harmon, a 310th human resource sergeant. "Even though we live in Atlanta, the agencies here also exist in and around Atlanta. So it's good to get a view of what's available to help better prepare my family for the months ahead."

The unit covered phase one and two of the Yellow Ribbon Program, which continues throughout the deployment and post deployment to include reintegration with their family and loved ones. There are seven phases all together.



Staff Sgt. Shane Harmon and wife Angel attend the 310th's Yellow Ribbon event with their two sons. Photos by Staff Sgt. Christine Rynearson

Family Resource Corner

American Institute of Stress <http://www.stress.org>
 American Red Cross <http://www.redcross.org>
 DEERS/ID Cards Sites: www.dmdc.ods.mil/rsi
 ESGR: www.esgr.org
 HOOAH4Health: www.hooah4health.com
 Military One Source: www.militaryonesource.com
 Military Student: www.militarystudent.org
 Army Benefits: www.myarmybenefits.us.army.mil
 My Army Life Too: www.myarmylifetoo.com
 National Call Center 211: www.211.org
 National Center for PTSD: www.ncptsb.org
 Military Family Association: www.nmfa.org
 Our Military Kids: www.ourmilitarykids.org
 Operation Military Kids: www.operationmilitarykids.org
 Salute Our Services: www.saluteourservices.org
 TRICARE: www.tricare.mil/
 Veterans Affairs: www.va.gov

Submitted by Ismael Medina

321ST SUSTAINMENT BRIGADE

NEWS

By Staff Sgt. Wanda Thomas
321st Sustainment Brigade

BATON ROUGE, LA - Pecan Grove Primary Elementary School has adopted the 321st Sustainment Brigade while they are serving overseas in Iraq. Located about 30 miles from Baton Rouge, the school's 80 faculty members and 400 students in grades kindergarten through fifth grade collectively agreed on the project.

"They wholeheartedly support the concept of teaching their students to show their admiration and support for the 321st Sustainment Brigade Sol-

diers," Assistant Principal Candy Wikman said.

Starting in May, the school will send care packages to each Soldier once a month and will continue to send them until the Soldiers return in January 2010. Each grade will adopt 10-15 Soldiers.

Fourth and fifth graders will also send handwritten letters to each Soldier. The faculty and students are planning a coin collection drive to help purchase the items that will be sent to

the Soldiers.

The Family of Spec. Trent Richey, one of the deployed Soldiers, have been an integral part of the school's adoption of the unit.

Trey Richey, Trent's brother, drew the design for the 321st family readiness t-shirt that will be worn by Family members in support of their deployed Soldiers. The t-shirt will also be worn for the unit's second annual family day to be held May 2, 2009 in Baton Rouge.

Mrs. Kim Richey (mother) and Trey Richey (brother) of Spec. Trent Richey are rallying students at a local elementary school to support the 321st Sustainment Brigade. (BELOW) Taylor Joyeaux, Emily Hutto, Candy Wikman/Assistant Principal, Seth Kern, and Trevor Fleming outside of the school that is planning to support the 321st Sustainment Brigade with care packages. The unit is deployed to Iraq for one year. Photos by Pfc. Antoinette Brooks



641ST REGIONAL SUPPORT GROUP

NEWS

912th Soldier Becomes U.S. Citizen to Hasten his Deployment

By Capt. Steve Alvarez
143rd Sustainment Command (Expeditionary)

ORLANDO, Fla.— U.S. Army Reserve Soldier Spec. Carlos Andres Espinosa and U.S. Marine Corps Pfc. Ryan Rundle are no strangers to taking oaths. Both of them previously took oaths of enlistment and agreed to protect and defend the Constitution of the United States, but on April 24, the U.S. government asked them to take another oath; the Oath of Allegiance making them both American citizens.

"I had hopes it would happen someday," Espinosa said. "It feels great! I finally became a U.S. citizen."

Espinosa's journey to citizenship started when he left his native Colombia. Eight years later, the voyage brought him into the ranks of the Army Reserve where he serves with the 912th Adjutant General Company as a human resources specialist.

In December 2008, Espinosa's company commander learned that the Soldier was eager to deploy and serve his country overseas, but he could not deploy in his current military occupational skill because he did not have a security clearance.

Capt. Michael Scahill, then the commander of the 912th, sought help from the staff judge advocate of the 143rd ESC in getting Espinosa reviewed via a special program that expedites service members' applications for citizenship. About four months later, Espinosa was sworn in.

"I'm just thrilled to be able to see this in living color," Scahill said. He was the keynote speaker at the naturalization ceremony for the two men.

During his remarks, Scahill stated that his grandfather arrived in the United States from Ireland and processed through Ellis Island in 1923 and later raised Scahill's father in Chicago. However, Scahill's connection to the naturalization process has another family connection. His wife is Iranian and he says his kids are being reared in a "bilingual culture."

For Rundle, the path to citizenship took a little longer—12 years to be exact. He left Johannesburg South Af-

"We wish to thank you for your service," Scahill told the two men. "Somebody has to protect life, liberty and the pursuit of happiness."

It was a sentiment echoed by Terry Tierney, the assistant director adjudications for CIS who administered the oath.

"I want to express my gratitude to you for choosing this career path," Tierney said. "You're now citizens of the greatest nation in the world."

Both the Marine and Soldier are looking forward to deploying now that they have cleared this milestone.

"We're on workup right now for Afghanistan," Rundle said. His unit will likely leave in August.

Espinosa, whose military job requires a security clearance, will now be able to get his clearance and do the job he joined the military to do.

"Now I'll be able to be deployed," Espinosa said. "Serving means a lot to me," he said. "This is really a great opportunity for me." He will likely deploy in fall 2009 and head to Afghanistan.

The two men have much in common—both were born out-

side the United States and both enlisted to serve in the U.S. military. But later this year when they deploy to support operations in Afghanistan, both will be living out the words of the Oath of Allegiance they declared here today.

It reads, in part, "...I will bear arms on behalf of the United States when required by law..." and "...I will perform work of national importance...."

CIS officials said their agency receives six to seven million applications to process each year.



Spec. Carlos Andres Espinosa pauses momentarily with members of the Sons of the Revolution Color Guard after becoming a U.S. citizen April 23, 2009. Photo courtesy CIS.

rica in 1996 and had to spend five years in the United States in order to earn his "green card." According to Citizenship and Immigration Services officials, each case is different, some take longer than others do, but Rundle did not seem bothered by the wait. The Camp Lejeune infantryman was granted special leave to attend his naturalization ceremony.

"I wasn't expecting all this," Rundle said. "I'm a little nervous."

In front of a group of CIS officials, friends, family and well-wishers, the two men raised their right hand and took the oath of allegiance.

642ND REGIONAL SUPPORT GROUP

NEWS

Lowe Hits Highs at 81st Regional Support Command Competition

By Capt. Steve Alvarez
143rd Sustainment Command (Expeditionary)

ORLANDO, Fla. — Army Reserve Staff Sgt. Michael Lowe, a chaplain assistant with the 642nd Regional Support Group continued his ascent into the ranks of the best of the best by winning the next level of competition at the best warrior competition of the 81st Regional Support Command.

Lowe beat his comrades in arms in the 143rd ESC best warrior competition in March 2009 to become the 143rd ESC's 2009 NCO of the Year. That win propelled him to compete at the 81st RSC level. Lowe competed against other Army Reserve Soldiers who are from the southeastern United States.

Lowe now moves on to the United States Army Reserve Command competition to compete against fellow Army Reserve Soldiers from around the nation. Spc. Reynaldo Maldonado, also of the 143rd ESC, placed as a runner up.

Last year's Army Soldier of the Year was Spc. David R. Obray who beat out active duty and National Guard counterparts at the Best Warrior Competition at Ft. Lee, Va. He is the first Army Reserve Soldier to ever win the competition.



(ABOVE): Staff Sgt. Michael Lowe participates in the ruck march event in Orlando, March 2009. (RIGHT) Staff Sgt. Lowe conducts maintenance checks on a vehicle as part of the NCO of the Year competition held in Orlando, Fla. in March 2009. Contestants compete at the unit, battalion, brigade and then command levels. If they win at all those levels, they then compete at the 81st RSC level and lastly at the United States Army Reserve Command level before advancing to the U.S. Army competition. Photos by Sgt. Eddie Reyes, 204th Public Affairs Detachment.

Health Officials Discourage Aspirin Use by Troops in Combat Zones

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — The Defense Department is directing service members and government civilians deployed in overseas war zones to refrain from taking aspirin unless under a doctor's orders, a senior military physician said here today.

"Aspirin use for reasons other than medical indications is discouraged," said Army Col. (Dr.) Tony Carter, director for operational medicine and medical force readiness under the deputy assistant secretary of defense for force health protection, a component of the Office of the Assistant Secretary of Defense for Health Affairs.

Military medical authorities also advise that troops slated for deployment to combat zones should cease taking aspirin at least 10 days before departure, Carter told Pentagon Channel and American Forces Press Service reporters.

Aspirin is "a platelet-inhibitor," Carter explained. Platelets are small cells floating in the blood that induce hemostasis — the process that causes bleeding to stop through the forming of blood clots. Low amounts of blood

platelets can lead to excessive bleeding.

"Those platelets serve an important role in stopping bleeding once it occurs," Carter said.

Then-Assistant Secretary of Defense for Health Affairs Dr. S. Ward Casscells III signed a March 12 memorandum that noted aspirin use by troops deployed in contingency areas could contribute to excessive bleeding in the event of wounding or injury.

Blood loss is the most common cause of preventable death associated with combat injuries, the memorandum said.

Carter recalled Casscells asking his staff if the military was discouraging aspirin use by people deploying to combat zones where they stood risk of injury. The answer at the time was no, Carter said.

The subsequent memorandum, Carter said, also directed the cessation of "over-the-counter access" to aspirin through Army and Air Force Exchange Service outlets or morale, welfare and recreation activities in war zones. AAFES has jurisdiction over Army post exchanges and Air Force base ex-

changes.

AAFES is complying with the Health Affairs-issued memorandum, noting in a news release that its "operations in contingency locations are removing all products containing aspirin from their shelves."

The intent of the new policy, Carter said, is to "discourage the inadvertent use of aspirin" in combat zones. People who routinely take small doses of aspirin per doctor's orders to maintain vascular health should be all right, he said, but they should consult their physician.

Service members and civilians could substitute over-the-counter, non-aspirin-based medications — such as Tylenol or Motrin — for treatment of colds, fever, muscle aches and other maladies, Carter said.

"I think we should take every measure possible to make sure that we minimize blood loss," Carter said. "And, not taking aspirin, unless you need to take it, is one of those mechanisms that we want to use."

Army Leaders Send Message for Military Spouse Appreciation Day

In the 19th Century the Army protected settlers moving west. Army spouses braved the journey and life on the frontier to be with their Soldiers. When relocating, they rode ox or horse-drawn carts and wagons and, sometimes, even walked. They confronted harsh climate, disease, and attacks while coping with military life. While times have changed, today's Army spouses still confront many challenges. In the 21st Century the Army has a global presence in eighty countries. Today, Army spouses confront multiple deployments, relocations, and separations while gracefully coping with military life.

In 2007, we instituted the Army Family Covenant and the Army Community Covenant, in part to recognize the commitment and increasing sacrifices that our Families make everyday and to acknowledge that the strength of our Soldiers comes from the strength of their Families. Our spouses are community leaders, careerists, mothers, fathers, and Soldiers. Our spouses routinely put the welfare of their Soldier, Family, and nation above their own. After almost eight years at war, and multiple deployments, our active, Reserve, and National Guard spouses continue to support America's Army unconditionally.

In 2009 we continue to be humbled by your sacrifices and

remain committed to providing you quality of life commensurate with your service. Also, as we celebrate "The Year of the Non-commissioned Officer" (NCO) in 2009, we are reminded that the NCO corps is the backbone of the American Army, and, our spouses are the backbone of the American Army Family.

On May 8th, Military Spouse Appreciation Day, we salute you. Army Families, Army Strong!

Secretary of the Army Pete Geren

Chief of Staff, Army Gen. George W. Casey

Sgt. Maj. of the Army Kenneth O. Preston

Lest We Forget ... Memorial Day 2009



Photo courtesy Arlington National Cemetery

282nd Brings Home the Connelly Cup

By Sgt. Eddie Reyes
204th Public Affairs Detachment

ATLANTA, GA — Soldiers and civilians from around the globe gathered at the Hilton Hotel in Atlanta April 4 to recognize the Army's finest food service professionals at the 2009 Philip A. Connelly Awards.

Cooks from the 282nd Quartermaster Company based out of Montgomery, Ala. representing the 143rd Sustainment Command Expeditionary, accepted an award for best overall food service in the Army Reserve category.

"I feel great, I feel like they paid attention to all of the hard work we have put in," Staff Sgt. Amos Finch, a cook for the 282nd QM Co. said.

Initially, there were 10 units selected last year to compete from throughout the Army Reserve. Judges narrowed down the participants along the way and selected the official winner late last year.

Judges graded and evaluated the Soldiers on a myriad of criteria ranging from record keeping, menus, cooking procedures, site preparation, and quality of food, both in garrison and field environments.

For Staff Sgt. Terry Bateman from

the 282nd QM Co., the hardest part about the competition was the set-up and preparation stages in the field, he said.

"You have to set-up the mobile kitchens to specifications in a tactical way like you would do in a combat situation," Bateman said. "Everything is by the book so attention to detail is necessary in order to avoid getting points deducted on your evaluations. As long as you have a good team of Soldiers to get past that, everything else is easy."

For the cooks of the 282nd QM, part of the uphill battle was adhering to the 21-day menu set forth by the Army and budgets, which limits the types of foods they can make for the Soldiers.

"Sometimes it is hard trying to prepare something that pleases everybody," Spc. Markeada Smith, 282nd QM Co. said. "Sometimes the budget is not there and you have to substitute things in order to make a complete meal and make it taste good. Many times it is not about what the plate is but the people that are cooking that can mean the difference between a Sol-

dier liking or disliking a meal."

Even though the unit only has six qualified cooks, the rest of the unit played a major role in their victory by providing supplies and assistance whenever needed to help the cooks out, Smith said.

"I feel overwhelmed with honor," 1st Sgt. Joseph Lightner, 282nd QM Co. said. "They are major self-starters and self-motivators. This victory represents every Soldier in our unit and the numerous hours everyone spent making this happen. We look forward to being together for a while."

The 2009 Philip A. Connelly Awards is co-sponsored by the International Food Service Executives Association and the Department of the Army.

"We were shocked that we won because this was our first time competing for this prestigious award," Staff Sgt. Derrick Sims from the 282nd QM Co. said.

A 143rd ESC unit has won this award two times in the past. This award marks the third time the 143rd ESC has brought home the award.

Staff Sgt. Wallace Smith, Staff Sgt. Terry Bateman, Spc. Markeada Smith, Staff Sgt. Amos Finch, 1st Sgt. Joseph Lightner, Capt. Rashaan Lymon and Pfc. Linda Burton from the 282nd Quartermaster Company celebrate their 2009 Philip A. Connelly Award for best overall food service in the Army Reserve category April 4 at the Hilton hotel in Atlanta. Twice before the 143rd ESC has won the prestigious award. The 282nd bested other reserve component units, including organizations from the National Guard, to win this award. Winners receive scholarships and other accolades from the International Food Service Executives Association. Photo by Staff Sgt. Keith Gillespie, 204th Public Affairs Detachment.



News Briefs

By The Numbers

The total number currently on active duty from the Army National Guard and Army Reserve is 103,709; Navy Reserve, 6,750; Air National Guard and Air Force Reserve, 14,892; Marine Corps Reserve, 7,575; and the Coast Guard Reserve, 697. This brings the total National Guard and Reserve personnel who have been activated this year to 133,623, including both units and individual augmentees.

New Behavioral Resource

No one questions the need for medical care when someone is physically injured but, when people experience emotional problems, they may feel embarrassed and afraid to seek help when the troubling signs first surface. During Mental Health Month in May, TRICARE would like to remind beneficiaries about the recently published "A TRICARE Guide: Understanding Behavioral Health." The 80-page resource it is available online to all TRICARE beneficiaries at the TRICARE site at: www.tricare.mil/tricaresmart/.

New Regulation Published

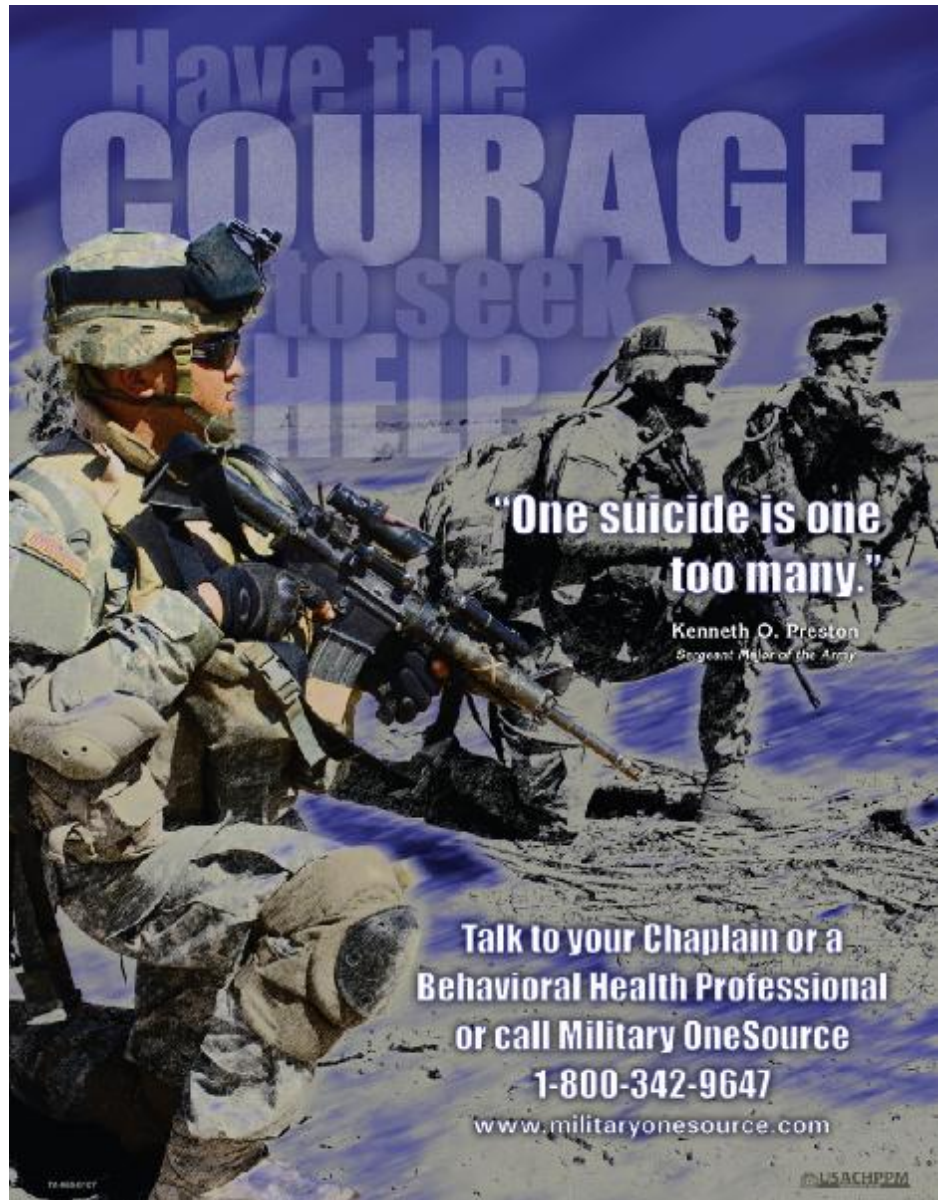
USAR Pam 600-5, Personnel Actions Guide for Army Reserve Units, dated 1 Apr 09, is located at the following link.
<https://esaiwr.usar.army.mil/akopubs/forms/hqpubs/pam/usarpam600-5.pdf>

AGRs Wanted

Soldiers interested in applying to the Active, Guard and Reserve program can do so online by visiting the Army's Human Resources Command Website. Currently HRC is accepting applications for most military occupational skills including applications for recruiters. For more information call 1-800-325-4118 or visit the HRC Website at
<https://www.hrc.army.mil/site/protect/reserve/soldierservices/programs/agr/agrprogram.htm>

'Early Bird' Gets the Worm

The Office of the Assistant Secretary of Defense for Public Affairs offers a free service, "The Early Bird," of military related news each day. They capture the headlines from around the world. Please visit:
<http://ebird.osd.mil/>



ESC Today Now Available Online!
ESC Today, the monthly magazine of the 143rd ESC is now available online at the 143rd ESC's new Internet Website at:
www.armyreserve.army.mil/143esc

The site is updated weekly with news from around the 143rd ESC. The magazine is located in the news section of the Web site.